



Slow-Cooker Pot Roast



1/12th of recipe (about 2 1/2 oz. cooked meat with 2/3 cup broth and veggies): 206 calories, 7g total fat (3g sat. fat), 447mg sodium, 11g carbs, 2g fiber, 4.5g sugars, 25.5g protein

[Click for WW Points® value*](#)

Prep: 15 minutes **Cook:** 10 minutes plus 3 to 4 hours or 7 to 8 hours

More: [Lunch & Dinner Recipes](#), [Holiday Recipes](#), [Four or More Servings](#)

Ingredients

One 3-lb. raw boneless chuck beef roast (trimmed of excess fat)
1 tsp. each salt and black pepper
One 14-oz. can fat-free beef broth
4 cups carrots cut into 1/2-inch coins
3 cups roughly chopped onion
2 cups sliced mushrooms
1 cup celery cut into 1/2-inch pieces
2 tbsp. tomato paste
1 tbsp. Worcestershire sauce
2 sprigs fresh thyme
1 tsp. chopped garlic
2 tbsp. cornstarch

Directions

Bring a large skillet sprayed with nonstick spray to high heat. Season roast with 1/4 tsp. each salt and pepper. Cook and rotate until all sides are browned, about 5 minutes. Place in a slow cooker.

Add all remaining ingredients *except* cornstarch to the slow cooker, including the remaining 3/4 tsp. each salt and black pepper. Gently stir.

Cook on high for 3 - 4 hours or on low for 7 - 8 hours, until roast is cooked through.

Turn off slow cooker. In a small bowl, dissolve cornstarch in 2 tbsp. cold water. Stir into the liquid in the slow cooker. Let sit, uncovered, until slightly thickened, about 5 minutes.

Remove and discard thyme sprigs. Slice meat and serve topped with veggies and sauce!

MAKES 12 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.